



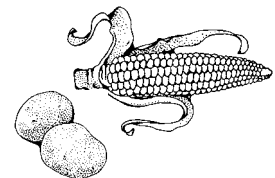
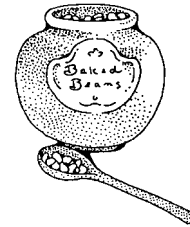
Child and Adult Care Food Program (CACFP) Meal Pattern Components

Vegetables and Fruits

Child and Adult Care Food Program (CACFP) regulations require that breakfast must contain a serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods. Both lunch and supper must contain two separate servings of vegetables or fruits. Full-strength vegetable or fruit juice may be counted to meet not more than one-half (50 percent) of this requirement. A serving of vegetable/fruit may be credited as one of the two required components of a snack.

When planning the vegetable/fruit component for CACFP menus, keep the following in mind:

- Legumes (cooked dried beans and peas such as baked beans, lentils, garbanzo beans, kidney beans, split peas) may be credited as either a vegetable/fruit or a meat/meat alternate, but not both in the same meal.
- Small amounts (less than $\frac{1}{8}$ cup) of vegetables and fruits used as garnishes may not be counted toward the vegetable/fruit requirement.
- Fruit or vegetable dishes that contain more than one fruit or vegetable, such as fruit cocktail, mixed fruit, mixed vegetables, tossed salad and vegetables in stew or chow mein may be credited toward only one ($\frac{1}{4}$ cup) of the two required servings for lunch and supper.
- Large combination vegetable/fruit salads served as an entree consisting of at least $\frac{3}{4}$ cup or more of two or more different vegetables/fruits in combination with a meat/meat alternate (e.g., chef's salad, tuna salad plate, fruit plate with cottage cheese) may be credited as two or more servings of the vegetable/fruit component and will meet the full requirement. If only two vegetables/fruits are included in the salad, the second vegetable/fruit must contain a minimum of $\frac{1}{8}$ cup.
- Potatoes and corn are in the vegetable/fruit component, not the grains/breads component.





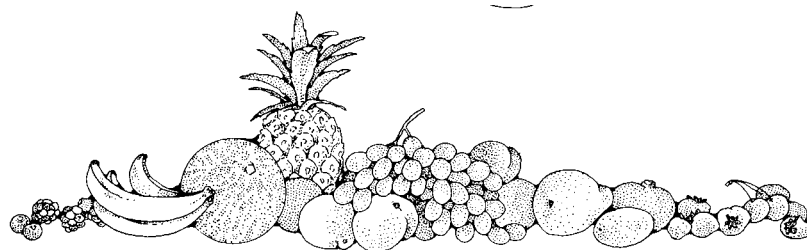
Nutrition Information for Vegetables/Fruits

Vegetables and fruits are generally good sources of complex carbohydrate (starch and dietary fiber). Citrus fruits, melons and berries are good sources of potassium, folate and vitamin C. Deep yellow non-citrus fruits (such as mango, papaya) are good sources of vitamin A. Dark green and deep yellow vegetables are good sources of iron, magnesium, potassium, folate, riboflavin and vitamins A and C. Dry beans and peas are good sources of protein, starch and fiber, as well as iron, magnesium, phosphorus, potassium and folate. Fresh vegetables and fruits contain very little fat.

Crediting Fruit and Vegetable Juices

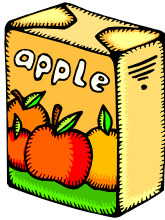
Full-strength fruit or vegetable juice may be used toward meeting the vegetable/fruit component of all meals served in the Child and Adult Care Food Program when the following conditions are met:

- At lunch and supper, juice may be used to meet no more than one-half (50 percent) of the minimum quantity requirements for the age group being served. For example, the vegetable/fruit requirement is $\frac{1}{2}$ cup for children ages 3-5. Therefore, juice cannot count for more than $\frac{1}{4}$ cup, regardless of the amount served.
- At snack, juice may not be served when milk is the only other component.
- The same type of fruit and juice may **not** be served as the vegetable/fruit component at lunch or supper. For example, an apple may not be served with apple juice. Mixed juices must also meet this requirement, e.g., orange-pineapple juice may not be served with an orange.
- In the infant meal pattern, only full-strength fruit juice is reimbursable as a snack for infants ages 8-11 months.





Creditable Juices



Full-strength fruit or vegetable juice is an undiluted product obtained by extraction from sound fruit. It may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. The name of the full-strength fruit or vegetable juice as it appears on the label must include the word(s) “juice” or “full-strength juice” or “100 percent juice” or “reconstituted juice” or “juice from concentrate.” A juice blend is acceptable if it is a combination of full-strength juices. Examples of creditable juices include apple (including pasteurized cider*, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tomato, tangerine and vegetable.

***Serve Only Pasteurized Products**

Serious outbreaks of foodborne illness have been traced to the drinking of unpasteurized juices. Pasteurizing kills any harmful bacteria that may be present in the juice. To safeguard young children, only pasteurized juices should be served. To help identify juices that have not been pasteurized, the Food and Drug Administration requires a warning about unpasteurized juice on these products.

A **juice concentrate** may be used toward meeting the vegetable/fruit component. When a juice concentrate is used in its reconstituted form, it is considered a full-strength juice and is credited accordingly. When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis; that is, credited as if it were reconstituted. For example:

A gelatin product containing 1 tablespoon of orange juice concentrate per serving could receive $\frac{1}{4}$ cup vegetable/fruit credit since the orange juice concentrate theoretically could be reconstituted in a ratio of 1 part concentrate to 3 parts water (1 tablespoon concentrate plus 3 tablespoons water equals 4 tablespoons or $\frac{1}{4}$ cup credit).





Noncreditable Products



Juice drinks cannot be counted towards meeting meal pattern requirements. A juice drink is a product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices or flavorings. It may be canned, reconstituted from a frozen state or a drink base.

The label may indicate “containing juice,” “fruit flavored” or give the percentage, such as “contains 15% juice.” A product labeled “100% natural” or “provides 100% vitamin C” is not an indication of 100 percent juice. Examples of juice drinks include grape juice drink, orange juice drink, pineapple-grapefruit drink and cranberry cocktail. Such products may be labeled drink, beverage, cocktail, “ade” (e.g., lemonade, limeade), nectar or punch.

Additional Consideration for Serving Juice to Young Children

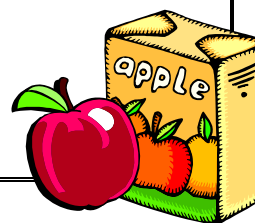


Sponsors are encouraged to keep the amount of liquids in the meal at a reasonable level. Since milk is required at lunch and supper, it is recommended that fruit juice not be served as one of the vegetable/fruit components. Juice and milk together provide too much volume and children are less likely to eat the other lunch components.

In addition, children are better off “eating” vegetables and fruits. More nutrients are provided by serving vegetables and fruits instead of juices.

If large amounts of juice are served throughout the day, it may fill up the child and take the place of other needed nutrients. The American Academy of Pediatrics recommends limiting daily intake of juice to 4-6 ounces for ages 1 to 6, and 8-12 ounces for ages 7 to 18.

Source: *The Use and Misuse of Fruit Juice in Pediatrics, Policy Statement.* American Academy of Pediatrics, Vol. 107, no. 5, May 2001



For additional information on crediting vegetables and fruits, consult the Crediting Foods Guide in the Office of Child Nutrition’s *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Child Care Centers and Family Day Care Homes*. For questions regarding the crediting of foods in the CACFP, contact the Office of Child Nutrition at (860) 807-2070.